

# CURRENT LINEUP - STRETCH • SWEAT • REST

Monday



**6:15 AM**

RISE45 on Zoom

**10:00 AM**

SWEAT - Crew CRUSH  
(in studio & on Zoom)

**7:00 PM**

STRETCH -  
Foundations Flow  
(in studio & on Zoom)

Tuesday



**6:15 AM**

RISE45 on Zoom

**9:30 AM**

STRETCH - Yin

**6:00 PM**

STRETCH - Flow I

**7:30 PM**

SWEAT - Crew CRUSH  
(in studio & on Zoom)

Wednesday



**6:15 AM**

RISE45 on Zoom

**10:00 AM**

SWEAT - Crew CRUSH

**5:30 PM**

STRETCH - Yin

**7:00 PM**

STRETCH - Flow II

Thursday



**6:15 AM**

RISE45 on Zoom

**9:30 AM**

SWEAT - Pilates

**5:30 PM**

SWEAT - Pilates

**6:45 PM**

REST - All the FEELS

Friday



**6:15 AM**

RISE45 on Zoom

**9:30 AM**

STRETCH - Flow I

**6:30 PM**

REST - Slow to Chill  
with Ursula every  
other Friday evening

Saturday



**9:45 AM**

STRETCH - Flow II

**11:30 AM**

SWEAT - Pilates  
SCULPT

Sunday



**9:00 AM**

STRETCH - Flow I

**10:30 AM**

SWEAT - Pilates  
(in studio & on Zoom)

Nov 19 - Dec 22, 2025